

GRATITUDE WORKSHEETS

Build New Gratitude Habits by
Anchoring to Existing Ones.

Habit Stacking Guide

Building a new habit from scratch is hard.
Attaching it to an old one isn't.

Existing Habit
(Pick One)



Your New Job
(Add This)



"Slide five minutes with a
worksheet into one of those
The habit was already there.
You're just giving it a new job."



**TRACKING
GRID**

Habit tracked: ☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S
Today: ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐

SAVE THIS PIN

for a mindful start to your day.

